

The Mandala
of the
Five Wisdom Dakinis



The Mandala of the Five Wisdom Dakinīs

Refuge

Visualize the Mandala of the Five Wisdom Dakinīs in front of you as the heart essence of all the refuges. In the center is the white Buddha Dakini, in front of her is the blue Vajra Dakini, to her right is the yellow Ratna Dakini, behind the Buddha Dakini is the red Padma Dakini, to her left is the green Karma Dakini.

Taking Refuge

Namo:

I take refuge in the Three Jewels:

The Buddha, the Dharma, and the Sangha

The example, his teachings, and the companions on the path.

Repeat three times.

Raising Bodhicitta

Knowing the heart essence of my being, and that of all beings, to be primordially awake and manifesting as ceaseless compassion; I cultivate the intention to practice in order to single-handedly place all living beings, my parents, in the state of the five primordial wisdoms.

Repeat three times.

Dissolve the refuge mandala and rest for some time in primordial purity.

Manifesting the Mandala of the Five Wisdom Dakinis

Sit in the center, become the white Buddha Dakini.

Become the fierce, luminescent white Buddha Dakini. She stands on a sun disk on a white lotus, with her right leg raised and her left leg extended in the dancing posture, surrounded by blazing wisdom flames.

She holds the wheel-ornamented trigug, the hooked knife, in her raised right hand. The skull cup is held in her left hand at her heart. The khatvanga staff—symbol of the hidden consort, skillful means and compassion—rests in the crook of her left arm. Her three eyes of wisdom gaze into fathomless space.

In her heart is the white seed syllable BAM on sun disk on a white lotus. She is the embodiment of the transformation of confusion into all-encompassing wisdom.

Repeat the seed syllable three times.



BAM: *Manifest yourself as Buddha Dakini.*

BAM: *Send light out to the wisdom beings.*

BAM: *The primordial wisdom light returns from the wisdom beings, and the Buddha Dakini is fully activated.*

Move slightly forward into the East and become the blue Vajra Dakini.

Become the fierce, luminescent dark-blue Vajra Dakini. She stands on a sun disk on a blue lotus, with her right leg raised and her left leg extended in the dancing posture, surrounded by blazing wisdom flames.

She holds the vajra-ornamented trigug in her raised right hand. The skull cup is held in her left hand at her heart. The khatvanga staff—symbol of the hidden consort, skillful means and compassion—rests in the crook of her left arm. Her three eyes of wisdom gaze into fathomless space.

In her heart is the blue seed syllable HA on a sun disk on a blue lotus. She is the embodiment of the transformation of anger into mirror-like wisdom.

Repeat the seed syllable three times.



HA: *Manifest yourself as Vajra Dakini.*

HA: *Send light out to the wisdom beings.*

HA: *The primordial wisdom light returns from the wisdom beings, and the Vajra Dakini is fully activated.*

Move to the South, turning to your right, and become the yellow Ratna Dakini.

Become the fierce, luminescent golden-yellow Ratna Dakini. She stands on a sun disk on a yellow lotus, with her right leg raised and her left leg extended in the dancing posture, surrounded by blazing wisdom flames.

She holds the jewel-ornamented trigug in her raised right hand. The skull cup is held in her left hand at her heart. The khatvanga staff—symbol of the hidden consort, skillful means and compassion—rests in the crook of her left arm. Her three eyes of wisdom gaze into fathomless space.

In her heart is the yellow seed syllable RI on a sun disk on a yellow lotus. She is the embodiment of the transformation of pride into the wisdom of equanimity.

Repeat the seed syllable three times.

ॠ

RI: *Manifest yourself as Ratna Dakini.*

RI: *Send light out to the wisdom beings.*

RI: *The primordial wisdom light returns from the wisdom beings, and the Ratna Dakini is fully activated.*

Move to the West, turning to your right, and become the red Padma Dakini.

Become the fierce, luminescent red Padma Dakini. She stands on a sun disk on a red lotus, with her right leg raised and her left leg extended in the dancing posture, surrounded by blazing wisdom flames.

She holds the lotus-ornamented trigug in her raised right hand. The skull cup is held in her left hand at her heart. The khatvanga staff—symbol of the hidden consort, skillful means and compassion—rests in the crook of her left arm. Her three eyes of wisdom gaze into fathomless space.

In her heart is the red seed syllable NI on a sun disk on a red lotus. She is the embodiment of the transformation of craving into the wisdom of discernment.

Repeat the seed syllable three times.



NI: *Manifest yourself as Padma Dakini.*

NI: *Send light out to the wisdom beings.*

NI: *The primordial wisdom light returns from the wisdom beings, and the Padma Dakini is fully activated.*

Move to the North, turning to your right, and become the green Karma Dakini.

Become the fierce, luminescent green Karma Dakini. She stands on a sun disk on a green lotus, with her right leg raised and her left leg extended in the dancing posture, surrounded by blazing wisdom flames.

She holds the sword-ornamented trigug in her raised right hand. The skull cup is held in her left hand at her heart. The khatvanga staff—symbol of the hidden consort, skillful means and compassion—rests in the crook of her left arm. Her three eyes of wisdom gaze into fathomless space.

In her heart is the green seed syllable SA on a sun disk on a green lotus. She is the embodiment of the transformation of envy into all-accomplishing wisdom.

Repeat the seed syllable three times.



SA: *Manifest yourself as Karma Dakini.*

SA: *Send light out to the wisdom beings.*

SA: *The primordial wisdom light returns from the wisdom beings, and the Karma Dakini is fully activated.*

Return to your original position in the center of the mandala and rest your mind in the vastness of uncontrived awareness, the ground of being, deeply experiencing the actual embodiment of the Mandala of the Five Dakinis, the luminous manifestation of the five primordial wisdoms. If your mind wanders, sound the seed syllables again without changing position.

Dissolution

Dissolve each dakini of the retinue into the central Buddha Dakini, in order, starting with the blue Vajra Dakini. She dissolves into blue light and then that light dissolves into the heart of the central Buddha Dakini, and blue light spreads throughout your body, which is the Buddha Dakini. Visualize and feel the blue light moving inside yourself. In the same way, sound the seed syllables and dissolve Ratna Dakini, Padma Dakini, and Karma Dakini into the Buddha Dakini. Each time, see and feel the color swirling inside you, as the white Buddha Dakini. At the end, Buddha Dakini's body is full of swirling rainbow light. Then as you sound the seed syllable BAM, the Buddha Dakini dissolves into the BAM in her heart, and then the BAM dissolves into emptiness.

HA



SA

BAM

RI



NI



Rest in the ensuing open, radiant, unfabricated presence.

Re-emerge as the Mandala of the Five Dakinis for the dedication of merit and the post meditation experience.

Dedication of Merit

May any merit gained through this practice of the Mandala of the Five Dakinis swiftly bring all beings to the realization of the five wisdoms and the five lights, and through that blessing, may all beings without one exception be liberated.

Being a dynamic principle, the Dakini is energy itself; a positive contact with her brings about a sense of freshness and magic. She becomes a guide and a consort who activates intuitive understanding and profound awareness, but this energy can turn suddenly and pull the rug out from under you, if you become too attached and fixated. This can be painful. When the energy becomes blocked and we feel pain caused by our fixation, this is the wrathful dakini. Her anger pushes us to let go of this clinging and enter her mysterious home.

- Lama Tsultrim, Women of Wisdom



© Katrin Röder

*Composed by Lama Tsültrim Allione,
on the auspicious day of Guru Rinpoche's birth,
the 10th day lunar of the Monkey Month of the Monkey Year,
June 27, 2004, at the sacred place of Tara Mandala, in the beautiful
mountains of southwest Colorado.*

Long Life Prayer for Lama Tsültrim Allione

ཨོཾ་སྐྱེ་སྒྲི། མ་གཅིག་ལ་བ་གྱི་སྒྲོན་མའི་ཡེ་ཤེས་སྐྱེ། །

OM SWASTI: Machig Labkyi Drönma'i yeshe kü:

OM SWASTI: Nurtured by the wisdom body of Machig Labdrön,

རྗེས་བཟུང་བཀའ་གཏེར་གཅོད་ཡུལ་མཛོད་འཛིན་མ། །

Je zung ka ter chöd yül dzö dzin ma:

Holder of the treasury of Chöd from the canon and treasures,

རྗེ་བཙུན་བླ་མ་ཚུལ་བྲིམས་ཚེས་སྒྲོན་མཚོག། །

Jetsün Lama Tsültrim Chödrön chog:

Supremely Noble Lama Tsültrim Chödrön (Dharma Torch of Discipline),

སྐྱེ་ཚེ་རྟག་བརྟན་མཛོད་ཤིན་རྒྱས་གྱུར་ཅིག། །

Ku tse tagten dze trin gye gyur chig:

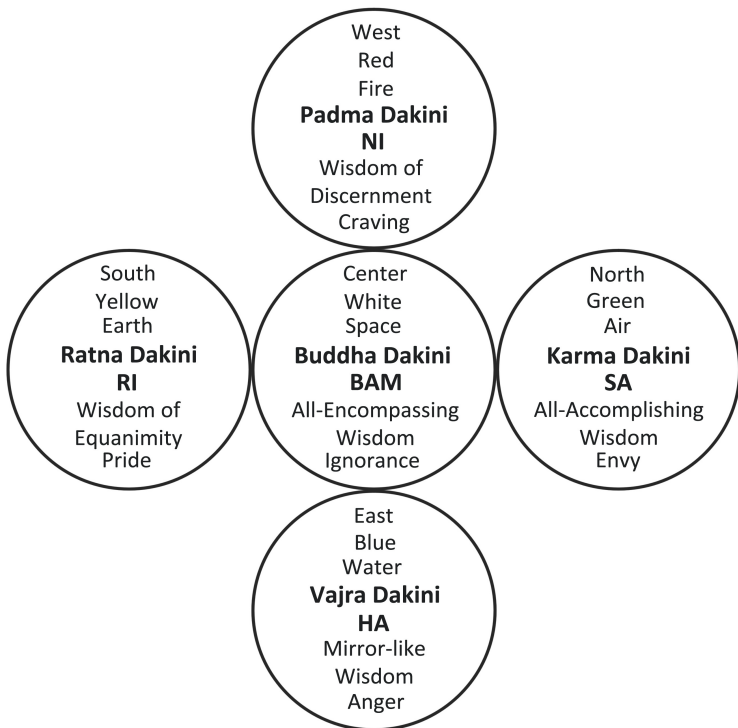
May your life remain firm and your awakened activities spread and flourish!

ཞེས་པའང་ཨོཾ་རྒྱན་རྩི་མེད་སྦྱིང་པའི་སྐྱེས་མཐའ་སྒྲོ་སྐྱེལ་དུག་མིང་འཛིན་པས་མཚོག་གསུམ་ལ་གསོལ་བ་བཏབ་ནས་

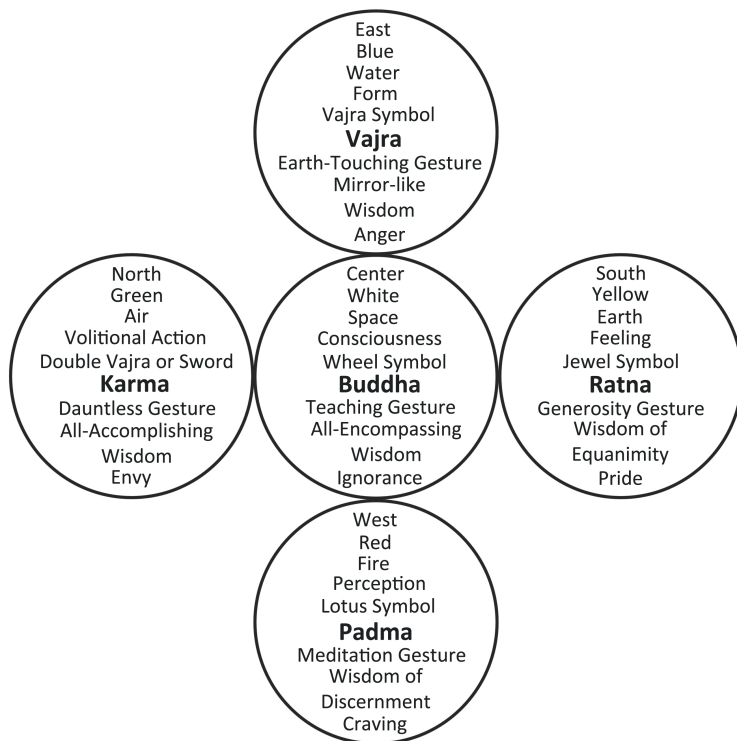
སྒྲོན་པ་བཞིན་འགྲུབ་པར་གྱུར་ཅིག། །

This was prayed fervently by the sixth Gochen Tulku (Tulku Sang-ngag Rinpoche), a mere name holder of the incarnation of Orgyen Drime Lingpa. May it be accomplished like I have aspired!

Five Wisdom Dakinis



Five Buddha Families Inner Mandala



Attributes of the Mandala of the Five Dakinis

Vajra

Seed Syllable: HA
Direction: East
Symbol: Vajra
Element: Water
Color: Blue
Obstructed Pattern: Anger
Wisdom: Mirror-like Wisdom
Time: Dawn
Season: Late Autumn
Landscape: Rugged Mountains, Icy Rivers
Shape: Circle
Body Type: Thin Hard Sharp Features

Karma

Seed Syllable: SA
Direction: North
Symbol: Sword
Element: Air
Color: Green
Obstructed Pattern: Envy, Jealousy
Wisdom: All-Accomplishing Wisdom
Time: Midnight
Season: Summer
Landscape: Complex angular, Windy
Shape: Half Circle
Body Type: Thin, Wispy, Nervous

Buddha

Seed Syllable: BAM
Direction: Center
Symbol: Wheel
Element: Space
Color: White
Obstructed Pattern: Ignorance, Delusion, Depression, Spacing Out
Wisdom: All-Encompassing Wisdom
Time: No Time, Totality of Everything
Season: Winter
Landscape: Winter, Big Sky
Shape: Dot, Bindu
Body Type: Plump, Relaxed, Curvy

Ratna

Seed Syllable: RI
Direction: South
Symbol: Wish-fulfilling Jewel
Element: Earth
Color: Yellow
Obstructed Pattern: Pride, Inadequacy
Wisdom: Wisdom of Equanimity
Time: High Noon
Season: Early Autumn
Landscape: Jungle, Fertile Valleys
Shape: Square
Body Type: Generous, Large, Statuesque

Padma

Seed Syllable: NI
Direction: West
Symbol: Red Lotus
Element: Fire
Color: Red
Obstructed Pattern: Craving, Compulsive Seduction, Lust, Desire
Wisdom: Wisdom of Discernment
Time: Sunset
Season: Spring
Landscape: Rolling Hills, Meadows
Shape: Upward-Pointing Triangle
Body Type: Toned, Seductive